

FETTUCINE AL DENNIS

Folks at the October SVBC meeting were treated to some real, homemade fettucine that even old Mr. Campagnola would have enjoyed. Chef Mario, Mur and Annie whipped up a quick batch of easy to make fettucine sauce to demonstrate that there is more possibilities than peanut butter and beans when you're on an extended bicycle tour. The sauce (see your October newsletter) is easy to prepare with ingredients that are readily available in grocery stores. Probably the neatest hint was the explanation of the "Dennis Two Burner Method" for preparing cooked grains, pasta, etc. The key to the method is a small can of sterno that is used to keep a pot warm once it is brought to boiling on the main stove. Mario says he is sending this one to Heloise! Hugs, y'all!!

NOVEMBER NUTRITION - YOU ARE WHAT YOU EAT!!

Well, there is an old saying that says "the quickest way to a bicyclist's stomach is through the mouth," so with that in mind, the November meeting of the SVBC (TUES, NOVEMBER 13 at 7:30 at the National Guard Armory) will focus on good food to put in your mouth to make you a better and healthier biker. Mary Lu Lewis will discuss some foods that are particularly good for you, like whole grains, whole wheat breads and other good stuff (carbohydrates, for you technical folks). Anyway, anyone who ventured forth on the No Guicher (details later), or who has had the privilege of eating a few (or a lot) of Mary Lu's outstanding blueberry whole wheat pancakes, knows that Mary Lu knows a thing or two (or even three) about good food. Since the most of the rest of us know a thing or two about eating the stuff, this ought to be a real interesting meeting. So, you are what you eat, and Mary Lu promises not to bring any fruitcake! Attend the next SVBC meeting!!!

PRESIDENTIAL PERAMBULATIONS by Ray Hiller, SVBC President

Just a few notes for November. Everyone should be in tip top condition after the ride calendar we've had this past year. We are talking about having roller and wind trainer rides once a week. Maybe this indoor group riding will remove some of the boredom usually associated with indoor training. See more details later in the newsletter. The Nominating Committee for next year's officers consists of: Waltine Begoon, Debby Phillips, Ray Ritchie and Bruce Werner. Be sure to let these people know who you want to see as the big wheels for next year. The bylaw change discussed in the October newsletter has passed. The cooler weather should not limit your riding enjoyment. If you haven't had the opportunity to try a little off road riding, fat tires are very stable and provide a good workout! Good riding in November!!

ANOTHER FINE HIGHLAND WEEKEND

On Oct. 6 + 7, the SVBC held its second annual Highland Retreat overnight excursion. Nineteen club members and one dog participated on this beautiful ride up into the scenic area just east of the West Virginia line on route 256. Although the weather looked a bit threatening on both Saturday and Sunday, the days turned out to be perfect for cycling. The accommodations at Highland were first rate and cheap, and we didn't even need to use the wood stoves. The potluck dinner on Saturday was another culinary extravaganza, and the after dinner activities included ping pong, four square ball, and a break dancing exhibition. The potluck breakfast was a real treat, and provided just enough energy to battle the hills and wind on the way back to Harrisonburg. You'd have to try real hard to have a much nicer time. Thanks to Debby Phillips for planning this event, thanks to Mur Dennis for driving sag, and thanks to everyone who participated!

VOYAGEUR by Art Fovargue, SVBC Touring Director

(Editor's Note: Since Daddy Fovargue has been off the bike a bit since the new addition to the family, and the need to paint the house, his contribution this month is a little different from the past. So enjoy "Memoirs of a Breakfast Ride!")

Although, my memory has faded a bit, it seems as though the temperature was not too far from freezing when Dave, Mary Lu, Nora and I started to Bridgewater for breakfast on Saturday, November 3. We decided to ride the quarter century route, with a stop at Woodies for chow. Dave got dropped(!) about a mile into the ride - something about needing a cup of coffee to warm his hands. It was clearly gloves and wool hat weather. The three of us were just entering Woodies as Dave rolled up looking warm, refreshed and as if he had just buzzed down Rt 42. Breakfast was acceptable, although perhaps we ordered the wrong "special." Some of the patrons who were drinking their breakfast (some type of liquid grain cereal, perhaps), seemed to be more satisfied. With our eggs, pancakes and coffee in place, we took our time returning. Although still cool, it was as clear as could be. A beautiful day for a ride. Come on out to the upcoming breakfast rides into the winter.

SVBC RIDE CALENDAR

With the advent of cooler, and less certain, weather in the Valley, the ride schedule takes on a leaner look than past months. Not to fear, there is still plenty of good riding available, even through the months of Jan. + Feb. Our plan, until further notice, will be to schedule "informal" rides. This plan worked well last year. The plan is to meet at Waterman School on Sunday afternoons at 1 PM if you (and the weather) are up for a ride. See who else shows up, and among the group, decide what type of ride you'll take. If you're the only one, well, pat yourself on the back for having the initiative and enjoy a solo. We bet that if you show up, someone else will, too. We will attempt to, periodically, schedule "formal" rides. If you ever have a question about one of these, just give the ride leader a call. Note: cold weather riding is fun, if you take a few precautions: dress warm, don't forget the gloves, and a wool cap fits pretty well under the old brain bucket if you remove the pads. See the October newsletter for more cold weather tips. See you on the road in November.

NOV 18, SUN, "A Late Autumn Leisurely Jaunt," 35 mile, B/C, 12:30 PM, Waterman School, Leaders: Dave Lewis (867-5363)

DEC 1, SUN, "A Later Autumn Breakfast Ride," 9 AM, 18-20 mi depending on weather and hunger, Keister Elem., Leaders: Art Fovargue (433-9247)

THE HEADWIND MADE THE DIFFERENCE

On Sunday, October 28, a small group of SVBC cyclists and one pumpkin headed out for a flat metric century led by Eleanor Price. The route was a simple one: east to Elkton, south to Brottoes, west to Mt. Crawford and north to Harrisonburg. Although the distance was a bit less than the advertised 100 kilometers, the fierce headwind on the south stretch from Elkton to Brottoes more than made up for the slight lack of kilometers. The tour also included a comparison of the High's stores in Penn Laird and Brottoes. The results of this study are to be published in this newsletter soon, so stay tuned.

SVBC MEMBERS FROLIC IN FREDERICK, MD

Several members of the SVBC made their way north to Frederick, MD to participate in the Frederick Fall Foilage Frolic, sponsored by the Potomac Peddlers Touring Club of Washington. All accounts were that the ride is one to be included on everyone's calendar. Many rides of different lengths and types were available. It was a great way to meet some new friends and enjoy the camaraderie that makes up so much of this type of bicycling.

SVBC MEMBERS FROLIC IN HARRISONBURG

For those who couldn't get away to Frederick for a frolic, there was a Fall Frolic available in Harrisonburg. The Farrington's led a very pleasant ride out along the base of Massanutten and south back to Harrisonburg on Sunday, Oct 14. A good turnout and beautiful weather combined for a fun frolic. Thanks to the Farrington's!!

THE LAST WEDNESDAY NIGHT RIDE

Well, as the long days of summer turn into the shorter days of autumn, the SVBC bicyclist begins to realize that the Wednesday night rides must come to an end. It's tough to give it up. To help soothe some of the pain, the last Wednesday night (Oct. 24) was celebrated with a dinner at the Heritage after a short, and somewhat dreary (the weather sort of fit our mood that this was the last) ride. Since a large number of our Wednesday evening rides ended with a meal at a local eatery, someone suggested why not continue to get together for a night out once a month? This sounded like a good idea, so the first "SVBC Night Out" will be on Friday, November 30 at 6:00PM at the Golden China Inn on Water St. in Harrisonburg. We will all meet there for dinner. Why don't you join some of your fellow SVBC members for a "night out." We will announce subsequent "nights out" in the monthly newsletters.

NEWSLETTER EDITOR BEGS

If you could see me right now, you would see me on my knees begging you for some interesting (and even some not so interesting) things to include in the SVBC newsletter. As the winter approaches, newsy items sort of slow down as folks tend to go into hibernation. If you have something you would like to contribute, please do. I'll take things in just about any form, including your description of something over the phone. Something to sell??? Yessirree...sell it right here in this spot. Interested in getting that winter bicycle tour to Bermuda arranged, why not solicit some riders in the newsletter? Contact SVBC newsletter editor John Phillips (433-3419) if you've got something for these pages.

UPCOMING SVBC MEETINGS

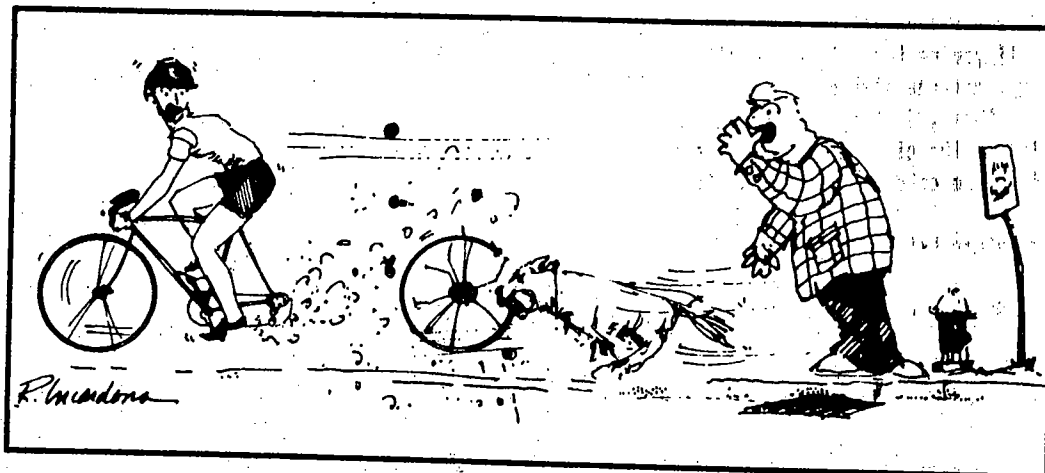
The SVBC program committee members are racking their brains to try to come up with interesting and informative programs for SVBC meetings. A very reliable source says that the committee has come up with some good possibilities for the next few months. The December meeting may be (depending upon availability) a program revolving around a bicycling film. The January meeting will be the second annual SVBC potluck. The one we held last January was a lot of fun, and we hope to do even better this coming January. One of the things that the program committee (Mary Lu and Dave Lewis) want to do is put together a slide show of the past year's club events. If you have any slides that you could donate to the show, let Dave or Mary Lu know (867-5363). Also, if you have any suggestions of a location where the potluck might be held, let 'em know. Finally, any ideas you might have for a club program, please share them with the program committee.

NEWS FROM THE LAS VEGAS BICYCLE SHOW

Word has it that some hot new toys were unveiled at the bicycling trade show in Las Vegas on Oct 7-9. (Are you listening Eleanor?) Campagnola and Sun Tour had new brakes, rims, hubs, chains, derailleurs, pedals, etc. Cannondale unveiled two new racing bikes, the SR-500 and SR-300, both with large tube aluminum frames (Ray Ritchie, are you listening?). Motta and Pinarello both displayed disk wheeled bikes, these pursuit style bikes should be available in mid 1985. (Hey, Dave!!) Those aerodynamic, tear shaped helmets, as seen in the Olympics, will be available from Monarch. Raleigh has entered the composite material market with their "Technium Technology" for light weight frames. Look for this item around 1988.

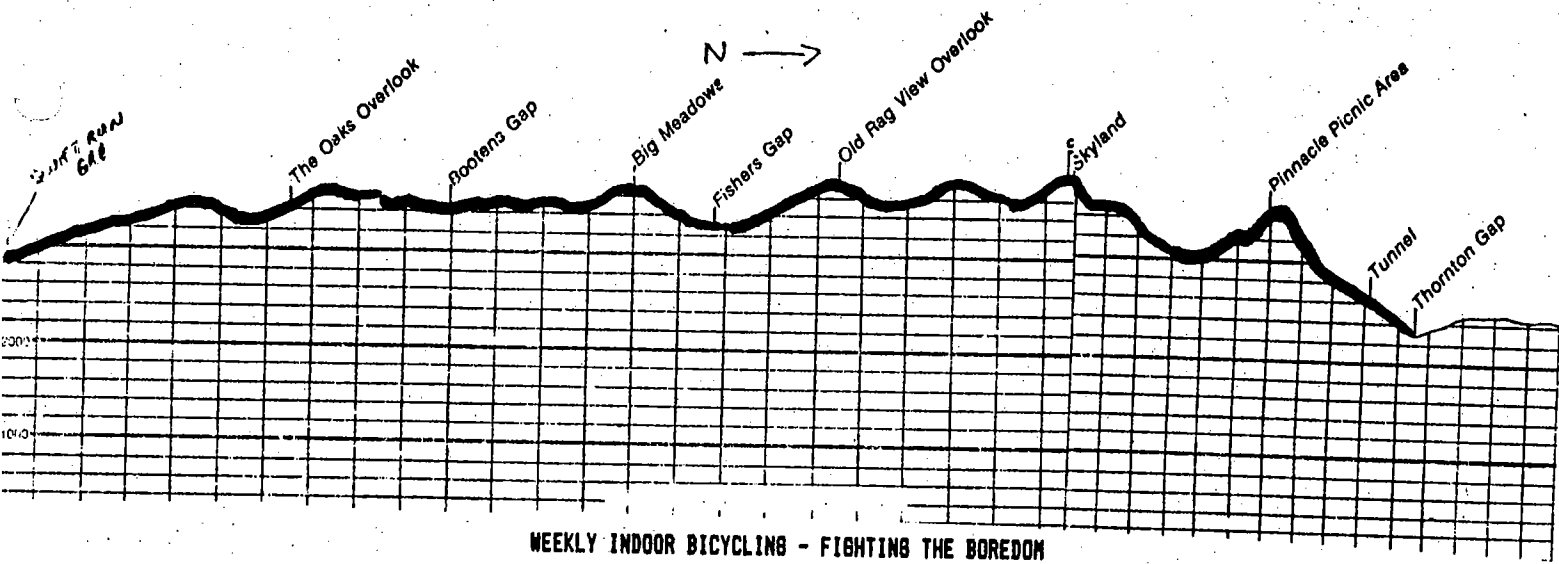
INSURANCE ADVICE

Upgrading your bicycle? Be sure to save the receipts from any new parts you purchase. You may have a tough time convincing your insurance person that the Campy crankset on your recently stolen or wrecked bike really cost all that money without the receipt. So often, bicyclists can't prove the value of a mangled or stolen bicycle, and therefore, recover much less than the replacement cost from the insurance company. It is also a good idea to make sure your renter's or homeowner's insurance covers the full replacement value of your bike, to protect against inflation and depreciation.



"Hey fella, don't worry, he doesn't bite."

Ever since the snows of last year, a small group of club bicyclists have had a distant goal in mind. The infamous "No Quiche Ride." This ride, which was invented last year by some devious mind, was held on Sunday, Oct. 21. In great contrast to last year's cold, the day broke warm, windy, and probably fortunately, somewhat overcast. The merry group congregated at Waterman School for a 7:30 AM start. After a brief detour to use some bathroom facilities, the group (11 of us, plus Mary Lu Lewis driving a food wagon) headed up Rt. 11 for the first goal of the day, New Market. We made that destination at a rather fast clip, and were welcomed by Mary Lu and the first of many wonderful food and rest stops. After a short break, we were back on our bikes, having bid a regretful farewell to two of our group who had other commitments and could not ride the whole way. Our next goal was Luray. So east we headed up 211 and over Massanutten Mtn, and down into the valley to Luray, where once again food, drink and rest awaited us. On the bikes again, and another climb up the Blue Ridge and Thornton Gap to the Skyline Drive. A well deserved break at the top allowed us all to regroup, and once again refuel with food, drink and rest. Now, it was south on the Skyline Drive, along with the many other sightseers (unfortunately in automobiles). But despite the traffic, the bicycling was good and very challenging (see the topographical map of the Skyline Drive section below). The initial four miles after leaving Thornton Gap were all uphill. This is not the best way to get loose after an extended rest. The next stop was Big Meadows, and for some of us, it seemed that it would never arrive. It was a welcome site to crest the hill and finally see the sign for Big Meadows. A fierce headwind at this point was not exactly what the doctor ordered. Imagine a group of bicyclists collapsed in front of the Big Meadows lodge, providing some interesting scenery for the tourists. At this 60 mile point, there were several questioning comments about the sanity of all of this, but everyone except for two were able to get back on the bikes and head for our next goal, the Elkton Intermediate School on Rt. 33. So it was onward (and mostly downward) south on the Skyline Drive to find that Lewis mountain is not the only mountain between Big Meadows and Swift Run Gap. The downhill (probably close to 12 miles) from the last mountain on the Skyline Drive to Elkton was a welcome respite from a long day of climbing. As we waited for the sag at Elkton, we planned our strategy for the last 20 miles back to Harrisonburg, given the fact that a nasty headwind was ahead of us. A nicely paced, pace line helped us make our way back into town. It was a great ride, one that this rider will remember for a long time (probably forever). Thanks to Dave Lewis for leading this year's ride. A real special thanks to Mary Lu for driving the sag, making all of that fantastic food (and not a piece of quiche to be found), and taking care of us along the way. There is some discussion about advertising this ride next year as an invitational sort of event put on by the SVBC. So set a little goal in the back of your mind for October of next year!

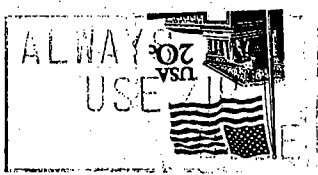


WEEKLY INDOOR BICYCLING - FIGHTING THE BOREDOM

It has been suggested that the SVBC make some arrangements for a weekly time that folks could get together to ride indoor exercise equipment (rollers, racermates, other wind trainers) together. It is hoped that this might accomplish two things. One, it would allow people to exercise together, and maybe help fight some of the boredom of indoor riding. (zzzzzzzzzzzzzz!!!!). Two, having such equipment available on a regular, weekly basis might provide members without such equipment to try it out. The plans are still underway, but we hope to make Wednesday evenings from 6-8 PM available for this activity. At this time, we are hoping to be able to get a room in the activities center at Westover Park for this. This would allow members to grab a shower before heading home. In order to work, folks would have to bring their bikes and exercise equipment every week, as there are no storage facilities available. Since arrangements are still being made, contact John Phillips (433-3419) to get the final arrangements. If you have any suggestions to improve this arrangement, give John a call.

SHEMANDOAH VALLEY BICYCLE CLUB
 P.O. BOX 1014
 HARRISONBURG, VA 22801

Join Now



I KNOW WHERE - I JUST DON'T KNOW THE NUMBER?
 JP

Fovargue
 Somewhere on Monument St
 Harrisonburg, VA 22801



AAA REARVIEW BICYCLE REPAIR, BACK ALLEY BIKES AND MARK'S BIKE SHOP
 GENEROUSLY CONTRIBUTE TO THE COST OF THE SHEMANDOAH VALLEY BICYCLE CLUB NEWSLETTER.

